

What is the Difference Between A Cold and the Flu?

In general, the flu is worse than a cold, and symptoms such as fever, body aches; extreme tiredness, and dry cough are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.

<i>SYMPTOM</i>	<i>COLD</i>	<i>FLU</i>
Fever	Rare	Sudden onset: Often high: Lasts 3-4 days
Headache	Rare	Frequent
Aches and pains	Slight	Usual; often quite severe
Weakness	Rare/mild	Moderate to extreme; May last up to one month
Bed Ridden	Rare	Frequently; may last up to 5- 10 days
Sniffles	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Cough	Sometimes; Mild to moderate	Usual: Can become severe
Complications	Sinus or ear infection	Pneumonia, Kidney Failure, Heart Failure; Can be life threatening

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For More Information Call the DOH Consolidated Call Center (202) 671-5000